

NEWSPAPER ENDS AFTER 50 YEARS

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Year of turmoil, tragedy, triumph

DENNIS DRAKE
 Director, Public Affairs
 U.S. Army Garrison Hawaii

1968. As the *Hawaii Army Weekly* is in its infancy, half a million U.S. Soldiers are fighting in the steamy jungles of Vietnam, in a war growing more unpopular at home by the month.

Weekly battlefield casualties are mounting, and beginning in January, the enemy's Tet Offensive drives them to new highs.

The majority of Soldiers are male draftees. Those men of draft age at home are torn – do they enlist to avoid the draft, do they go to college on a draft deferment or do they go to work and take their chances.

A new drug culture sweeps the nation, reflected in psychedelic rock and dress, long-haired hippies and anti-society living. The Civil Rights Movement of the mid 1950s and troublesome 1960s has entered a growing, yet disturbing phase.

The nonviolence advocated by Dr. Martin Luther King Jr. is being challenged by younger, louder groups as frustrations turn into rioting.

It's an election year, and President

Lyndon B. Johnson, now in his fifth year following the assassination of President John F. Kennedy in 1963, is embattled by his own party. The war in Vietnam, which he escalated, is not going well, and there's civil unrest at home. His biggest challenger is a fellow Democrat and the late president's younger brother, Sen. Robert F. Kennedy, who now openly opposes the war.

Young people graduating from high school and many in college in 1968 are caught in the middle of all this. Demonstrations against the war break out on campuses across the country. Many students join the protests and an anti-establishment culture is growing. Draft card burnings occur.

Many Soldiers returning home from Vietnam, although they'd fought bravely and dominated most battles, are viewed by the anti-war demonstrators as villains and called horrible names like "baby killers." They are advised not to wear their uniforms in public. The World War II-era's welcome home parades and celebrations don't exist now and won't be seen again for another 23 years when Operation Desert Storm ends.

On March 31, Johnson surprises the nation by abruptly announcing he will not run for re-election. On April 4, King is assassinated, sparking riots, burnings and looting in major cities across the country. Two months later to the day, Robert F. Kennedy is assassinated on the night he wins the California Democratic primary in a serious run for the White House to follow in his late brother's footsteps. The nation is stunned.

In July, now with Kennedy gone, demonstrations erupt outside the Democratic National Convention in Chicago by many frustrated by the choice of candidates. The protests grow ugly when the Chicago Police Department intercedes and brutally beats several demonstrators, all caught on national television.

Four months later, Republican Richard M. Nixon, the former vice president who had been defeated eight years earlier by John F. Kennedy, narrowly wins the 1968 election, going on four years later to win a second term by a landslide, only to resign because of the Watergate scandal.

The war in Vietnam will also drag on four more years, ultimately claiming the lives of 58,000 American service mem-

bers. An all-volunteer Army will follow in the 1970s, which, over the ensuing years, with a rebirth of national pride and patriotism, will restore its respect by a grateful nation, continuing into 2018 and this last issue of the *Hawaii Army Weekly*.

As 1968 draws to a close after 12 months of unprecedented political and social turmoil, the year ends in a most unusual way. Somewhat overlooked against all the year's other drama, NASA's Project Apollo – the program to put an American on the moon before the end of the decade, fulfilling President Kennedy's challenge given before his untimely death – readies the largest rocket ever built, over 36 stories tall, to take three U.S. astronauts around the moon, preparing for a lunar landing the following summer.

On Christmas Eve 1968, as man orbits the moon for the first time in human history, and for the first time views the earth from 230,000 miles away, sharing it with the largest worldwide television audience at the time, watching the event broadcast live from the spacecraft, the three American astronauts, in turn, read the first 10 verses of Genesis – "And in the beginning..."





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New era begins for *Hawaii Army Weekly*



DEPARTMENT OF THE ARMY

Headquarters, 25th Infantry Division and U.S. Army Hawaii
Schofield Barracks, Hawaii 96857

This final newspaper edition of the *Hawaii Army Weekly* marks the end of a 50-year era – yet begins another.

As depicted in this issue, the *Hawaii Army Weekly*'s beginnings in 1968 came at a very pivotal year in our nation's history – a country torn apart by domestic and political uprisings, and by the war in Vietnam.

Our Army, then made-up largely of draftees, experienced extensive combat in Vietnam while our Soldiers were often treated unfairly at home. What a difference 50 years can make.

Today's all-volunteer force is the envy of the world and praised at home. So, too, has the *Hawaii Army Weekly* navigated through the Army's changes – from Vietnam to the Global War on Terror and everything in between and after.

The *Hawaii Army Weekly* covered it all, capturing U.S. Army Hawaii's training, deployments, celebrations and family activities, and is recognized as one of the Army's best newspapers, winning numerous journalism awards in worldwide Installation Management Command and Department of the Army worldwide competitions.

So, today, a new era begins!

Due to rising printing costs and a 21st century generation who gets its information online, we're putting the weekly newspaper to bed and moving 100 percent to HawaiiArmyWeekly.com – accessible everywhere, anytime, and updated daily.

The online version will offer the same information on installation activities: unit and family news and features, and events, both on and off post.

My thanks to the U.S. Army Garrison/U.S. Army Hawaii Public Affairs Office who produces the *Hawaii Army Weekly*, and my special thanks to Ms. Aiko Brum who has managed the paper for the last 14 of its 50 years, and now turns her full attention to HawaiiArmyWeekly.com.

Here's to a new era and another 50 years of Army journalism excellence – online!

MG Ron Clark
Commanding General
25th Infantry Division and U. S. Army Hawaii



Debris mission is a first for seasoned deployer

BRYANNA R. POULIN

U.S. Army Corps of Engineers
Honolulu District Public Affairs

FORT SHAFTER — When natural disasters strike locations within the U.S. and its territories, U.S. Army Corps of Engineers personnel from across the country mobilize to assist with the disaster recovery missions.

While supporting an impacted location with potentially catastrophic damage, these personnel leave behind parents who worry about them and, many times, children who'll miss them.

Over the course of the last eight months, the USACE has deployed thousands of fathers, mothers, daughters and sons to provide technical expertise and support recovery efforts when Hurricane Maria and Irma hit and when California wildfires erupted. The Honolulu District deployed more than 30 personnel – some multiple times – since the first disaster struck.

Maria Buckner, a Honolulu District procurement analyst, was one of the thousands who recently returned home from a recovery mission deployment.

"I deployed to the Northern California Wildfire Debris Removal Mission for 30 days," Buckner said. "This was my first debris disaster mission. ... I performed as one of four invoice reconciliation team members, which is more budget analyst versus contracting type of work," she said.

As time dragged on, she began getting homesick.

"I missed my family and doing contracting work," she explained. "Also, not having a day off was exhausting, too."

When she went on a site visit, she realized how lucky she was.



Maria Buckner (in back, second from left) poses with her new friends – plus pets Bette and Bug – during deployment.

"One Saturday morning, our contract specialist, Stacy Pereyda-Hill, took our team on a site visit," she described. "The devastation was not as visible from the main road, but when we drove up the valley into the county, it was devastating to see that the majority of the homes in the county were burnt to the ground."

Luckily some homes were spared. "There were a couple of homes, including their yard, that wasn't even touched," she said. "This was eerie to see, especially when homes all around were burnt to the ground. I believe we saw a total of four homes that were okay, and two of those homes had people living inside."

When you're part of a mission that has removed 1,638,089 tons of debris – that's equal to the weight of about one-and-four-fifths Golden Gate Bridges – it's essential to be on a supportive team where everyone

gets along.

"It helped to work with an outstanding group of people who made me feel at home," she said. "It was also less stressful to have 'Bette' and 'Bug' in the office with us."

Leah Caldwell, contracting officer, Sacramento District USACE brought her dogs Bette, an English bulldog, and Bug, a French bulldog to the RFO, daily.

"Most of us on the contracting team are dog owners, so it made the office environment feel personal and comfortable," she said.

At last, her 30 days were over, and Buckner went home with more gratitude and lifelong connections.

"Professionally, the deployment gave me more of an appreciation of what USACE does and my role as a deployed employee," she concluded. "Personally, I have met some terrific people who I now call lifelong friends."

Voices of Ohana

Because April is the Month of the Military Child, we wondered,
"What do you admire most about military children?"
By 500th Military Intelligence Brigade-Theater Public Affairs



"Their ability to adapt to change and new environments."

Staff Sgt. Joshua Ealy
Signal Support specialist
HHD, 500th MI-T



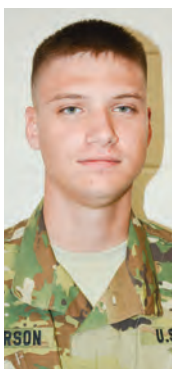
"They have the opportunity to experience different cultures."

Sgt. Alex M. Echeverria
Human Resources specialist
HHD, 500th MI-T



"Military kids are able to travel and see the world."

Sgt. Troy Mowery
Wheeled vehicle mechanic
HHD, 500th MI-T



"I admire the kids respecting the customs and courtesies of the military."

Spc. Austin A. Peterson
Wheeled vehicle mechanic
HHD, 500th MI-T



"Their ability to adapt and overcome moving, deployments and being away from loved ones."

Spc. Peter R. Tibbetts
Wheeled vehicle mechanic
HHD, 500th MI-T

HAW goes from its dual status to online only

AIKO ROSE BRUM
Chief, Internal Communication
U.S. Army Garrison Hawaii Public Affairs

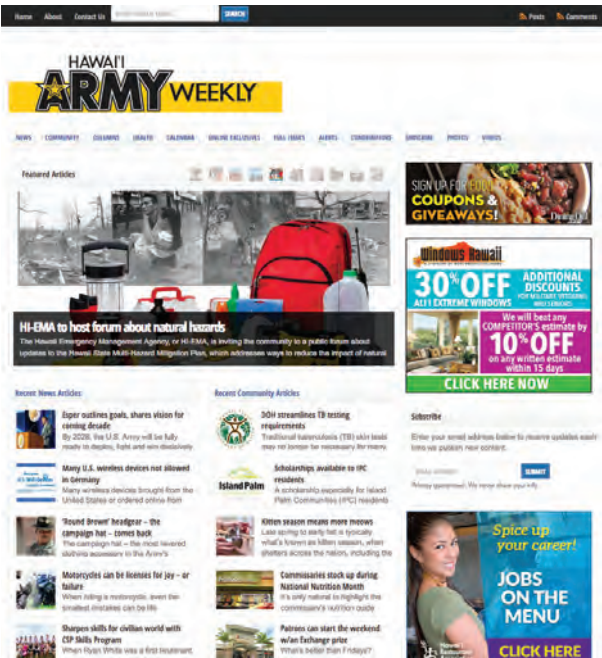
WHEELER ARMY AIRFIELD — The newspaper you’re currently holding is the last print edition of the *Hawaii Army Weekly*. After more than 50 years, the printed HAW is coming to an end.

In 2005, the newspaper staff at the U.S. Army Garrison-Hawaii Public Affairs Office totaled 14 personnel. Soldiers and civilians worked side-by-side and an Editorial Board, which comprised 15 separate PAOs, met and decided upon issues that impacted U.S. Army Hawaii.

As the final days of the print HAW come to an end in 2018, only four personnel – two civilians and two contractors – work to communicate news and community information to the audience of service members, families, retirees and civilians who comprise USARHAW. And the Editorial Board – it has long been defunct.

“Yes, I was sad to hear the *Hawaii Army Weekly* newspaper is going away,” said Sean Kimmons, an Army News Service reporter who stopped by the office en route to an overseas story. “So what are you all going to be doing now?”

Good question. Although the print publication ends April 6, all stories and information will continue to be published online at hawaiiarmyweekly.com. The 15 PAOs from various Army units who regularly



contributed articles and photographs to the newspaper will now send their training news, community events, ceremonies and other stories to USAG-HI/USARHAW PAO for uploading online.

“I’m so sorry you all are closing down,” said Liana Kim, public affairs specialist for the 311th Signal Command (Theater) and a regular contributor to the HAW. “You all were doing such a wonderful job.”

Of the two USAG-HI civilian staff who worked on the newspaper, one retired March 31 and the other will continue on with other duties, such as managing the social media and Garrison website. The two contractors will continue to work at Oahu Publications, Inc., the publisher of the HAW.

Karen A. Iwamoto, the HAW’s reporter, has been hired as the assistant city editor at the *Honolulu Star-Advertiser*, where she will do first-line editing and coordinate assignments with the paper’s columnists.

Kristen Wong, the HAW’s layout specialist or graphic artist, will work at the *Hookele*, Joint Base Pearl Harbor-Hickam’s newspaper, until its contract ends in November.

“We’re delighted that our contractors were able to find employment quickly; it’s a testament to their skill and dedication,” said Dennis Drake, director of USAG-HI/USARHAW Public Affairs. “I’m hoping that each of you reading this article – our great USARHAW audience – will continue to follow all the happenings in the USARHAW community at HawaiiArmyWeekly.com.”

The April 6 HAW pdf will be the last one emailed to subscribers. Effective April 7, all personnel should review and search for their news at www.hawaiiarmyweekly.com.



TAMC staff finds Financial Peace

Story and photo by
LEANNE THOMAS
Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center’s Department of Ministry and Pastoral Care (DMPC) and the Alakai Chapter Sergeant of the Audie Murphy Club partnered to offer Financial Peace University to TAMC’s most valuable asset: its dedicated professional staff.

TAMC offers training, development and promotion opportunities to ensure it is equipped with a “ready medical force” that is prepared to care for service members, families and retirees throughout the Pacific.

“As Soldiers, we must be, at a moment’s notice, ready to fight and win the nation’s wars; financial readiness is a key component to that readiness,” said Chaplain (Maj.) Lenny Siems, a chaplain clinician at the TAMC DMPC, and the lead facilitator of Financial Peace University training at TAMC.

According to a 2013 news release by financial expert and adviser Dave Ramsey, who founded the Financial Peace University program, the U.S. Army Chaplain Corps reviewed Financial Peace University (Military) and found the course appropriate for use in stewardship training because the lessons cover career-building, investing, relationships and money, and eliminating debt.

The Sgt. Audie Murphy Club also supports stewardship training that furthers education, self-development, mentorship and organizational support.

Master Sgt. William Short is the president of the Alakai Chapter Sgt. Audie Murphy Club, a volunteer Financial Peace coordinator and the noncommissioned officer in charge of the TAMC Department of Health, Education & Training.

“As leaders, we have seen financial issues have a negative impact on the overall readiness of organizations,” Short said. “One easy way to combat that is education: ‘Give a man a fish; he eats for a day; teach a man to fish, he can eat every day.’”

With this philosophy in mind, Short initiated a partnership between the TAMC DMPC and the Alakai Chapter to offer Financial Peace to TAMC employees and immediate family members. The commonalities shared by the Alakai Chapter and TAMC DMPC strengthened



Spc. Cheng Li, (left), admission clerk at TAMC Patient Administration; Spc. Chen Chen (center), medic at the TAMC Mother Baby Unit; and Sgt. Shawnieka Byrd, orthopedic technician at TAMC Orthopedics, document financial goals they achieved on the Financial Peace University “Victory Board” at TAMC, Feb. 7.

this partnership and created a class rapport as both facilitators shared their journeys toward financial peace and their experiences as leaders.

“Before becoming a Financial Peace coordinator, I was once a statistic of financial hardships,” Short said. “I thought it was normal to finance everything and have payments. This program helped me turn my entire financial situation around over a period of time.”

During the class, participants learned a number of alarming financial statistics. For example, 56 percent of enlisted military personnel report difficulty with family finances; \$15,000 is the average credit card debt in the U.S. (not including all debt, just credit card debt); 68 percent of Americans do not save for retirement, but live on social security; the average retirement age in the U.S. is 80 years; and the nation’s average savings rate is 5.8 percent of all earned income, the lowest in the industrialized world.

“The fact is, if your people are struggling with their personal finances, they are not focused on the mission. As a leader, you see this problem all the time,” Short explained. “Garnishments, loss of clearances, divorce, family violence and suicides are common responses to financial stress, and these negatively

impact readiness.”

Siems has also observed financial issues across the force through his role as a counselor and a Soldier’s confidant in times of need.

“I have seen many relationships crash due to a lack of communication,” he said. “Lack of communication affects the financial, spiritual and emotional components of a relationship.

If one’s finances are always a constant tension in a relationship, this will also affect every other area of life. It is the same if you are single, with no one to be a sounding board. That person will also struggle, and it will affect their job and other areas of life.”

Financial Peace University is a nine-week program that started at TAMC in late January and averages 40 attendees each week.

Many TAMC staff members have expressed interest in attending future financial peace training events.

The curriculum provides service members, civilians and their family members with knowledge on budgeting, saving, investing and overcoming debt.

“With the turnout, we have had offering FPU, I have no doubt there will be another course offered,” Short said. “There is so much motivation amongst the people that attend.”



Pacific NCO courses expand 4960th training

CRISTA MARY MACK
9th Mission Support Command
Public Affairs

FORT SHAFTER FLATS — Pacific-based U.S. Army medical noncommissioned officers can stay close to home for needed leadership training of the Army Medical Department Advanced Leader Course at the 4960th Multi-Function Training Brigade’s training facility, here, after a validation and graduation of four simultaneous classes, March 30.

For the first time, Army Reserve instructors from the 4960th led all four of the two-week multi-component courses.

“It doesn’t make a difference whether you are National Guard, active duty or Reserve, we train our Soldiers as a team, part of the concept of the One Army School,” said Command Sgt. Maj. Napoleon Noguerapayan, commandant for the Army Medical Command NCO Academy component for the program of instruction.

“We asked, how to create a site that is near where the Soldiers are, that they don’t have to travel to the mainland to go to school? How do we keep it close? With this training on board, they can do it on their own,” said Noguerapayan.

The class featured medical series NCOs from the Pacific Rim, primarily Hawaii, Alaska, California – from all three components. Three other ALCs are taught, here, for human resources, supply and engineers.

According to 4960th Total Army School System Commandant Command Sgt. Maj. John Miyata, the original concept has been planned for a while and was based on need.

“We looked at all the Soldiers in the Pacific, the largest MOS (military occupational specialty) is infantry, the second largest is mechanics, third is medical, including radiology, pharmacy. Combat



Photo by Staff Sgt. Aly Tugaoen, 9th Mission Support Command

medics, it’s the third largest population,” Miyata said.

“For four years, we have been building this relationship, and now, the same standards, the same specific, strict adherence, everything we require the Soldiers to do at the academy at Fort Sam Houston, now we can do it here with our own instructors,” said Miyata.

First Sgt. Timothy Roberts, active duty first sergeant for the ALC at the Army Medical Department NCO Academy, Fort Sam Houston, certified the courses taught at Fort Shafter.

“Part of this level course, that is, part of being a squad and platoon leader, is developing a team, so in training, we work on how we can embody the warrior spirit, physical fitness, how to pull some of the warrior tasks together, for example. One class happened to be outside at the nearby Makapu‘u Lighthouse trail while conducting land navigation, first aid and team-building exercises,” said Roberts.

“A hike in itself just up the trail would have been great on its own, but (the instructors) added in Soldier skills, which is where the Army training is trying to go

Staff Sgt. Gary Olsen Saville (left), a health care NCO from the 1984th U.S. Army Hospital Det. 2, and Sgt. Ismael Marquez, a senior line combat medic from Battery C, 2nd Bn., 35th Inf. Regt., 3rd Bde. Combat Team, 25th ID, plot points for the land navigation portion of a team building challenge.

to,” Roberts said. “Any mission, you can add in command and control, troop leading procedures, going through even daily events, everyone will have a great time going to the top of the hill and seeing the views and everything, but when you tie in military training it pays dividends.”

Students of the class responded positively to the options the classes offered.

“It’s really useful having this class close to home, and it’s opened up new subjects I don’t have a lot of experience in, so being here is building that knowledge base and growing from it,” said Sgt. David Westman, an Army Reserve, 100th Battalion, 442nd Infantry Regiment, Headquarters and Headquarters Company combat medic from Hau‘ula, Hawaii.

More classes are planned for the Fort Shafter school house in 2019. In the interim, the 4960th MFTB will send Soldiers to obtain further instructor training from the active duty NCO Academy at Fort Sam Houston. A similar program also runs at Fort Knox’s U.S. Army Reserve Readiness Training Command.

“It doesn’t make any difference whether you are Army Reserve or National Guard. Let’s face it, the active duty component, they need the Army Reserve; they need the National Guard,” said Noguerapayan. “They are using the same program of instruction for an active duty school to train Army Reserve National Guard and active component Soldiers, so it makes sense that an Army Reserve school can do the same.”

PTA AWARD



Photo by Mike Donnelly, Pohakuloa Training Area Community Relations

POHAKULOA TRAINING AREA, Hawaii — Lt. Col. Chris Marquez (left), commander PTA, awards Sheldon Takajo, who is originally from Hilo, for his dedicated service and distinguished tenure at PTA as a member of the Directorate of Public Works, here. Takajo is moving on to Yokohama, Japan, and looks forward to spending time with his wife and family along with pursuing his love of orchids.



Boost retirement benefits

BETH PERRY

Federal Retirement Thrift Investment Board

A major benefit of the Blended Retirement System (BRS) is the free money you can now get from your service: Each time you contribute to your Thrift Savings Plan (TSP) retirement account, your service will match it up to 5 percent of your pay.

But your contributions are not automatic if you opted into BRS. They don't happen unless you choose to make them. And if you skip this important step, you risk missing out on hundreds of dollars in matching this year alone.

Contributing at least 5 percent of your basic pay is the only way to get the full match available to you. For example, 5 percent for an E-2 is about \$90 per month.

Now that you've opted in, your service created a TSP account for you (if you didn't already have one) and automatically contributes an amount equal to 1 percent of your basic pay to it, but the other 4 percent depends on you taking action.

Got five minutes? If you haven't already, log into your payroll system to get the benefit you've earned: more free money just for contributing.

You'll also need to decide whether to make Roth or traditional contributions, and the short video "Is Roth Right for Me?" explains the difference.

- Use myPay to contribute to your TSP account**
- Choose the amount you're comfortable with, but contributing at least 5 percent of your basic pay gives you the full match you've earned from your service. All in the Army, Air Force, Navy and Marines* – whether active duty and Ready Reserve may participate:
1. Log into myPay. From the Main menu, select "Traditional TSP and Roth TSP."
 2. You'll see two columns: "Contributions from Traditional TSP" and "Contributions from Roth TSP." Choose either one or both.
 3. Select the percentages you would like to save from your basic, special, incentive and bonus pay.
 4. Click the "Save" button at the bottom of the screen.
- If you need help, call myPay at 1-888-332-7411 and select option 5, then option 2.
- *Important note for Marines: You may have used Marine Online to opt into BRS, but you must use myPay to change your TSP contributions.*



6 / Friday

PAO Survey — All Soldiers, spouses, civilians and contractors are encouraged to take the Public Affairs survey at <https://www.surveymonkey.com/r/USAGHI-PAO>. This quick survey seeks information about your communication habits and will only take 5-7 minutes to complete.

Taxpayer Advocacy — The Internal Revenue Service seeks civic-minded volunteers to serve on the Taxpayer Advocacy Panel, a federal advisory committee that listens to taxpayers, identifies major taxpayer concerns and makes recommendations

for improving IRS service and customer satisfaction.

Each member is appointed to represent the interests of taxpayers in his or her geographic location, as well as taxpayers overall. A person must be a U.S. citizen, be current with his or her federal tax obligations, be able to commit 200 to 300 volunteer hours during the year and pass a Federal Bureau of Investigation criminal background check.

New TAP members will serve a three-year term starting in December 2018. Applications are accepted through April 27 at <https://www.usajobs.gov>.

For more information, visit <https://improveirs.org/> or call 888-912-1227 (a toll-free call) and select prompt number 5.

14 / Saturday

AC Chiller Plants — The Directorate of Public

Works' air conditioning shop will be scheduling preventive maintenance on all AC chiller plants and equipment before summer season starts to help prevent trouble calls. Work will be performed on April 14 from 7 a.m.-3:30 p.m.

- April 14: K Quad buildings 772, 773, 774, 776, 777, 778, 779, 780 and 783.

Note, times provided are only an estimate since field conditions may prompt additional time to complete the outage.

**Traffic & Outages**



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

9 / Monday

Fort Shafter Repairs

— Contractors will be performing various road repairs and electrical utility work on 7th Street, Wisser Road and Arty Hill Road from April 9-Nov. 23. Intermittent

lane closures will occur. Residents will be provided advance notice if their driveways will be blocked. Access to the Island Palm Communities (IPC) office will still be open via 7th Street.

Contractor work hours are Monday-Friday from 8 a.m.-2:30 p.m. Motorists are advised to expect delays and to follow detour signs to adjacent roads. Use caution and observe all signs, traffic control personnel and devices while driving through affected work areas.

Ongoing

Wright Avenue — Contractors require a time extension of the partial road closure on Wright Avenue near Bldgs. 106 and 107 for a utility installation through April 30 from 8 a.m.-3 p.m.

Heavy rains have caused delay completion of the underground utility.

McNair Gate — This gate will be closed, due to construction, until further notice.

Hawaii’s West Point candidates recognized

Story and photo by
KAREN A. IWAMOTO
Staff Writer

WAIKIKI — Five candidates accepted into the United States Military Academy at West Point were recognized at the West Point Society of Hawaii’s 2018 Founder’s Day dinner, March 29, at the Hale Koa Hotel, here.

Travis Afuso, Jasmine and Keona Conroy-Humphrey, Jordan Jones and Jack Machorek, all high school seniors from Hawaii, were all accepted to West Point for the coming academic year. A sixth candidate, Nicholas Isenhower, whose family made a permanent change of station to Hawaii over the summer, was unable to attend the dinner.

All of them exhibited excellent athletic, academic and leadership skills. Jones and Afuso are active in student government; Afuso is also the JROTC battalion commander at Mililani High School. Machorek has set three swim records on a single day at his school. The Conroy-Humphreys participate in cross-country, tennis and student government. All of them received notice of appointments to West Point from their congressional representatives. Isenhower is a third generation West Pointer who captained his school’s water polo and swim teams on the continental United States.

“It’s not just the education, but the leadership aspect,” Jasmine Conroy-Humphrey said of what attracted her to West Point.

She and her twin sister, Keona, who



Hawaii’s West Point candidates pose with Lt. Gen. Bob Caslen (with lei), the 59th superintendent of West Point, at the West Point Society of Hawaii Founder’s Dinner, March 29, at the Hale Koa. From left are Jordan Jones of St Andrew’s Priory, Travis Afuso of Mililani High School, Caslen, Keona Conroy-Humphrey of Lanai High School, Jack Machorek of Kauai High School and Jasmine Conroy-Humphrey of Lanai High School.

both attend Lanai Elementary and High School, had initially wanted to attend the United States Naval Academy, but were won over to West Point after visiting the campus. They may be the first graduates from their high school to attend West Point.

Machorek, a Kauai High School student, had been impressed with the cutting-edge technology on display when he visited the United States Air Force Academy, but he said West Point offered something more.

“At the West Point campus, there were statues of Patton and McArthur. There was an emphasis on history, on people, not just tools,” he said. “They really emphasized leadership and being part of a brotherhood, a family.”

Jones, a senior at St. Andrew’s Priory School in Honolulu, who described herself as someone with a passion for leadership, agreed.

“It seemed like the place that would fit me best would help me become the best leader I could be.”

Before the dinner, she, the Conroy-Humphreys and Machorek spent the day at Schofield Barracks, shadowing Soldiers who were West Point alumni. Afuso and Isenhower were unable to attend.

“We wanted to give them a chance to see what they’ll experience once they graduate,” said Erin Whitney, the West Point Field Force coordinator in Hawaii who helped coordinate the daylong mentorship.

Whitney, a 1996 West Point graduate who retired in 2017 as a lieutenant colonel in the Special Operations Command-Pacific, continued, “The goal is to help them frame their four years (at West Point). Just talking to people who have done it is a big help.”

Lt. Jameson Albers, a 2015 West Point graduate now assigned to U.S. Army Pacific, was one of the Soldiers who spent the day with the candidates.

“I wanted to give them a perspective on what they could expect and expose them to different leadership positions,” he said.

He described his time at West Point as challenging, but ultimately, rewarding.

“I grew a lot as a person while I was there,” he said. “Anyone who wants to serve their nation and gain leadership skills should check it out.”

More Online

For more information on applying to West Point, visit <https://usma.edu/admissions/>.



Celebrating EARTH Month



An ONRP worker restores native plants to the Waianae forest.

Photo by Karen A. Iwamoto, Oahu Publications Inc.

Army supports native forests

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Personnel from the Army's Oahu Natural Resources Program and the Directorate of Public Works-Environmental Division planted over 1,000 native flora and fauna in the Waianae mountain range and beyond, between January and the end of March.

These plants, many of them rare and endangered species, were harvested from cuttings or seeds kept at a greenhouse and seed laboratory on Schofield Barracks.

"The natural populations of a lot of these native plants are declining (in the wild) and trending toward extinction," said Daniel Adamski, ONRP rare plant program manager. "The only way for us to keep them for the next generation are through these outplantings."

More than 40 individuals from the Army's ONRP and DPW participated in this year's outplanting, which included more than 500 *Cyanea superba*, also known as the hāhā, a rare species of flowering plant endemic to Oahu, specifically the Waianae mountains.

"Outplanting is everybody's favorite part," Adamski said. "You get to see the fruit of years of effort when the

plants are back in their environment"

This is especially true for plants like the hāhā, which are considered extinct in the wild. The hāhā in the Waianae forests today are a testament to the dedication of ONRP and DPW.

"But hard work is done before the planting," Adamski said.

ONRP field crews spend the rest of the year pulling weeds and eradicating invasive species in the forest to make room for native plants and to monitor the health

See PLANTS B-2



Photo by Karen A. Iwamoto, Oahu Publications Inc.



Photo by Karen A. Iwamoto, Oahu Publications Inc.


Above — Makanani Akiona, seed propagul lab technician at the seed laboratory on Schofield Barracks, records information on various seeds, March 28.

Left — A timed misting system at the greenhouse on Schofield Barracks helps ensure the correct environment for growing native plants.

Right — Personnel from the Army's ONRP return native plants to their natural environment in Waianae.



Photo courtesy of Directorate of Public Works



Briefs

6 / Friday

Pastel Beginner’s Class — This is a four-week series of classes held every Friday in April (6, 13, 20 & 27) at Arts & Crafts from 10 a.m.–noon. Ages are 17 and up. Cost is \$25 per class or \$80 for the four-class package. Preregistration is required.

Exceptional Family Member Program — The EFMP Poki’i Sibling Support is for children ages 6-16 years old who are siblings of EFM. Classes are full of fun and upbeat activities that provide an opportunity for siblings to meet friends, express their feelings and discuss experiences of being a sibling. Time is 5:30-7:30 p.m. at SB ACS. Call 655-4227.

Resume Workshop — Learn how to create a resume for the first time or update your resume for the private sector from 10 a.m.-12 p.m. at the SB Soldier Family Assistance Center. Choose the best format to demonstrate your experience and skills. Target your resume to the job you are seeking and effectively summarize your accomplishments. To register, call 655-4227.

Smoke House Day — Two kinds of ribs, barbecue chicken, smoked pork sliders and beef brisket, plus corn bread, baked beans and plenty of coleslaw at FS Hale Ikena. Call 438-1974.

7 / Saturday

CYS Lifeguard — Participate in this intern program at Richardson Pool every Saturday in April (7, 14, 21 & 28) from 9 a.m.-5:30 p.m. Participants must attend all dates.

Standup Paddleboarding Level II — Take an extended paddle along the North Shore of Oahu. You will be a quarter mile out from shore for most of your beautiful 8 mile round trip journey. Level II is considered an advanced course and minimum age participation is 16 years. Outdoor Recreation will provide the transportation (up to 12 people), equipment and instruction. Personal floatation devices are provided and required. All you need to bring is water, snacks and sunscreen. Goes from 8:30 a.m.-12:30 p.m. Cost is \$39 per person.

9 / Monday

National Library Week — Celebrate National Library Week at Sgt. Yano Library. Visit the library April 9-14 and get one extra DVD rental. Receive a small gift of our appreciation upon checkout (while supplies last).



Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

6 / Friday

Extra Savings, Giveaways — Commissaries are offering variety of giveaways and savings for the entire family to help celebrate April as the Month of the Military Child. See promotions here: <https://commissaries.com/our-agency/newsroom/news-releases/april-month-military-child-commissaries-join-exchanges-other-base>.

7 / Saturday

Pearl Harbor Bike Path Clean Up — Meet up with community groups and government agencies to help pick up debris and do your part to protect our neighborhoods. Volunteers must be 12 years of age or older to participate in cleanup events around the island. Call (808) 768-3300 or visit www.pearlharborcleanup.com.

Plants: Work preserves native environments

CONTINUED FROM B-1

of native plants already there. “Sometimes, they’re camping in the mountains in the rain for three days at a time,” Adamski said. Seeds from native plants in the forests are then collected and stored in the seed laboratory, where personnel label and meticulously record information about the seeds. They also do periodic tests to determine how long the seeds’ germination periods are. Some seeds can germinate 20 years after being stored; others only germinate within a year or two. Once germinated, the seedlings are repotted and eventually may make their way to the greenhouse. There, greenhouse workers may care for them for several years, re-potting them and checking them for disease or blight. Some of the plants arrive here not as seeds, but as plant cuttings. “One of the difficulties is that not all plants produce fruit (for reproduction),” Adamski said. “Some of these plants have genders, and there may be only females in a certain area, and they won’t produce fruit without a male.” ONRP and DPW collect males and females of such plant species and pollinate by hand. Still others require a method called air layering, in which a portion of a plant is stripped of its bark and treated with a hormone to induce the plant to produce roots. Adamski said ONRP and DPW rely on experimentation to determine the best method to grow native plants. Also, while all of the plants in the greenhouse are native, not all are endangered. A stock of non-endangered native plants is on hand to be outplanted in forests. These non-endangered native plants help build an ecosystem more supportive to endangered species. Eventually, many of the plants in the greenhouse will be outplanted in the forest, but some are so rare or fragile that they must remain in the greenhouse under the care of workers. By outplanting native flora and fauna and maintaining a




Photo courtesy of Directorate of Public Works, U.S. Army Garrison-Hawaii

A plant box containing native flora and fauna is lowered by helicopter into the Waianae mountains.

cache of seeds and plants, ONRP and DPW help ensure the Army can fulfill its mission while protecting Hawaii’s native forests for the next generation. (Note: ONRP is contracted to the U.S. Army Garrison-Hawaii through the Research Corporation of the University of Hawaii under the Pacific International Center for High Technology Research.)

ONRP
The Army’s Oahu Natural Resources Program offers conservation-based volunteer service trips in several forests on Army land. For more information and to sign up, visit <https://oanrp.com>.

Stress Solutions — In this basic workshop, we identify the causes of stress as well as how stress affects our lives. We share techniques such as positive self-talk and how to not take things personally. We also introduce a variety of relaxation techniques. Workshop will be held on the 2nd & 4th Monday of every month. Call 655-4227 to register.

Employment Orientation — Are you new to the island and looking for employment? This class at the SB Soldier Family Assistance Center, from 1-2 p.m., will orient you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

10 / Tuesday
Poetry Open-Mic — Celebrate National Poetry Month at Sgt. Yano Library. Join us for an evening of inspiration and poetry from 6-7:30 p.m. Sign-up to read some poetry (original or not) or just

come by and listen to wordsmiths from our community. Speakers for this open-mic session are reserved for adults only, or come as a participant to just listen. Light refreshments will be served. For more details or to sign-up, call Sgt. Yano Library.

10 Steps to a Federal Job — Held at SB Soldier & Family Assistance Center, Bldg. 663, from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

11 / Wednesday
Movie Afternoon — Sgt. Yano Library will be showing a movie (PG) on Wednesday afternoons from 3-5 p.m. Call the library for movie titles.

Play Mornings at ACS — This is a wonderful opportunity to meet other moms (and dads), share information and parenting tips, and give your infant/toddler a chance to interact with other children in a safe, structured and nurturing environment. Every Wednesday of the month at SB ACS from 9-11 a.m. Call 655-4227.

Scream Free Parenting — This four-week series introduces new concepts about parenting, teaching parents how to embrace their separate selves as a profound vehicle for strengthening their relationship with their kids. The classes are from noon-1:30 p.m. at SB ACS. Call 655-4227 more details.

12 / Thursday
Block Party — Sgt. Yano Library is having a block party in the Studio for children 1½-5 years old from 11:30 a.m.-12:30 p.m., and for school-aged children, from 3-4 p.m. Keiki will have the opportunity to use their imagination to create with Lego and wooden blocks. This event is limited to 15 children. Preregistration is required. Call 655-8002.

13 / Friday
Army Strong Bands Kickball and Dodgeball — The tournament registration deadline for all military branches, DOD, DHS and retiree cardholders is age 18 and over. This tournament runs from May 1-11. Games will be played at Stoneman Softball Complex (kickball) and Martinez Physical Fitness Center (dodgeball).

cleanwaterhonolulu.com.

Radio Open House — Learn about amateur radio at the Battleship Missouri Memorial, Ford Island, every Saturday in April, 9 a.m.-noon. Participants will learn about amateur radio while making contact with other stations. Call Keven Williamson at 455-1600, ext. 224. Participants of the program must already have access onto Ford Island.

12 / Thursday
Leeward Theater — Shakespeare’s *The Merchant of Venice* performances run April 12-14 and 19-21 at Leeward Community College at 8 p.m. Visit <http://LCCTheatre.hawaii.edu>.

18 / Wednesday
Earth Day — Island Palm Communities hosts, 2:30-5 p.m., at the Kalakaua Community Center. Family fun features hands-on mural painting, a bike rodeo, a make & take planting activity and much more.

27 / Friday
R. Kelly Tickets — Tickets now on sale at \$89-\$300 for the April 27 concert at Neal Blaisdell Center. Visit

Ticketmaster.com.

Ongoing
Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For details/reservations, call 233-7323.
ASYMCA — The Armed Services YMCA of WAAF needs your help. Please donate non-expired food to its pantry. It’s located at 1262 Santos Dumont Ave. on Wheeler. Call 624-5645 for more details. Visit www.asymca-hi.org.

Jewish Services — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the

Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military posts with base access.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.

Installation Waste Disposal — For proper disposal in residential areas, contact your local community center. Do

See COMMUNITY CALENDAR B-4



The Sgt. Smith Theater will be closed until Oct. 31 for scheduled renovations.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare and Recreation	FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities ODR: Outdoor Recreation PFC: Physical Fitness Center SAC: School Age Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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Community reaffirms commitment against child abuse

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Staff from Army Community Service’s Family Advocacy Program joined students, teachers and administrators at Daniel K. Inouye Elementary School, here, to kick off National Child Abuse Prevention Month with a parade through the campus.

Students were greeted by representatives from the 25th Infantry Division, U.S. Army Garrison-Hawaii, the Honolulu Police Department and the Honolulu Fire Department. HPD and HFD brought along their mascots, McGruff the Crime Dog and Sparky the Fire Dog. The 25th ID marching band led the parade.

At an assembly in the school cafeteria after the parade, Maj. Gen. Ronald P. Clark, commander of the 25th ID and U.S. Army Hawaii, signed a proclamation reaffirming the Army’s commitment to preventing child abuse.

“This year’s theme is Strong

Communities Strengthen Families,” he said. “Be informed, stay a step ahead, build your parenting skills and be attentive. It’s our job to protect our most precious resource, our children.

“Children raised in supportive and loving environments are more likely to grow up and lead productive and prosperous lives and build secure and healthy communities,” he continued. “Every Soldier, civilian employee and member of our community is expected to report any information about suspected cases of child or spousal abuse to the military police as soon as the information is received.”

Clark highlighted the numerous programs offered by the Family Advocacy Program to support parents and children, and encouraged the community to take advantage of resources that help build family resiliency, which in turn supports the resiliency of the Army.

The event concluded with students “planting” a pinwheel garden at the school’s entrance. Pinwheels represent the innocent and uplifting nature of



Sparky the Fire Dog helps a Daniel K. Inouye Elementary School student plant a pinwheel in the school’s pinwheel garden, Wednesday. April is Child Abuse Prevention Month and pinwheels are a symbol for child abuse prevention nationwide.

childhood and have become the national symbol of child abuse prevention.

For more information about the Family Advocacy Program call 655-4227 or visit <https://hawaii.armymwr.com/programs/acs-welcome>.

Army Community Service hosts grand opening of new location

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Army Community Service celebrated the grand opening of its “new” building, March 28, with a ceremony that highlighted the structure’s long history and connection with the Army in Hawaii.

“Army Community Service is thrilled to move into this newly renovated historic building, Bldg. 690,” said Dr. Hank Cashen, director of ACS.

Bldg. 690 was originally constructed in 1929. Over the years, it has served as a medical barracks, the headquarters of the 25th Infantry Division, office space for the Aloha Center (a predecessor of ACS) and the Red Cross.

The renovation of the building, which began four years ago, cost over \$11 million and maintained the historic features of the building while structurally enhancing it to meet today’s building and safety standards. It maintains original windows, door, spacious lanais on all three floors and external staircases, but now also in-



cludes an elevator, energy-saving lighting and air conditioning.

“The dollars spent in 1929 are still proving to be an asset for the Army today,” Cashen said.

Col. Stephen E. Dawson, commander

of U.S. Army Garrison-Hawaii, also lauded the building’s history.

“The connection between ACS and Bldg. 690 goes back 53 years to July 25, 1965, when ACS was first approved by the Chief of Staff of the Army, and it

Left — USAG-HI officials untie the maile lei at the grand opening ceremony for the new ACS building on March 28. Kahu Kordell C.L. Kekoa (left) performed the blessing ceremony. From left, USAG-HI officials are Dr. Hank Cashen, director of ACS; Suzanne King, director of the Directorate of Family and Morale, Welfare and Recreation; Col. Stephen E. Dawson, commander of USAG-HI (with his 9-year old daughter, Naia); and Chaplain (Maj.) Brian G. Koyn.

began providing services for Soldiers and their families on Army installations,” he said.

“ACS, or as it was known then, the United States Army Community Service Center, opened its doors on Aug. 2, 1965, with a staff of four in this very same building,” he continued. “So talk about going full circle and coming back home to where it all began.

“Today, it’s the new old home of ACS and has a staff of 45 government employees and 11 contract employees and continues to build Soldier and family readiness and resiliency.”

Do you believe people can change?

CHAPLAIN (MAJ.) DANIEL KANG
25th Division Artillery Chaplain
25th Infantry Division

SCHOFIELD BARRACKS — According to a medical study, there is a high correlation between your beliefs and healing.

A medical treatment called “the placebo treatment/effect” has been working very effectively. A fake treatment or medication is helping patients effectively heal from their illnesses because they believe that the treatment will work.

Ted Kaptchuk, a professor at Harvard Medical School, says, “The placebo effect is more than positive thinking. (It’s) believing a treatment or procedure will work. It’s about creating a stronger connection between the brain and body and how they work together.”

What do you believe would make it difference?

People can be discouraged by others’ comments, and even if not by others, they can be discouraged by their own conscience and expectations of themselves. Their internal voice says, I want to change and improve, but it seems like I cannot do it. My head talks and reasons with me that I can do it, but deep down in my heart, I don’t have faith in me. I don’t believe that I can do it.

Our lack of faith in ourselves brings



Kang

us down because of failures that we may have experienced in the past. But we can overcome this lack of faith by practicing faith in God and ourselves.

If you believe that people can change, you have more of a chance to be changed. If you believe that people don’t change, you have less chance of changing yourself.

Think about the last time you were changed because of what you heard from another person, training, a seminar or even just a simple conversation with someone. What about something you have read?

When we have the experience of change in our lives, we believe that we can change, and we also believe that people around us can change, too.

Those people who do great things and overcome challenges are the people who still believe in themselves. They are the ones who, through faith and hope, can visualize and believe in things they cannot yet see in the future.

People don’t just change their belief in themselves overnight. It is a process. Faith in yourself and faith in God sometimes does not happen overnight.

Footsteps in Faith

Today could be the starting point for us to change. Whether we believe in ourselves that we can do great things, or we believe in God that he can do great things for us. We could begin somewhere to start believing in ourselves and God if we want to change, improve and develop – or however we might want to describe it.

Another name for believing in ourselves is self-confidence. Self-confidence can be built surely and slowly by practice every day. The author Malcolm Gladwell says that it takes roughly 10,000 hours of practice to reach a mastery/expert level of skill in what we do.

Let’s begin to practice believing ourself and in God. What do you believe would make the difference?

Believing/faith is like a muscle. The more we use our muscles, the stronger they get. Use faith and believing more in life, and it will get stronger and we will be stronger spiritually and emotionally.

Tap your shoulder today and say to yourself, “You can do it.” Encourage your spouse, children, friends and co-workers today by telling them, “You can do it.”



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

- Buddhist Services**
 - First Sunday, 1 p.m. at FD
 - Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
 - Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
 - Thursday, 11:45 a.m. at AMR
 - Wednesday, 5 p.m. at MPC
 - Saturday, 5 p.m. at TAMC
 - Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC
 - 11 a.m. at TAMC
- Gospel Worship**
 - Sunday, noon at MPC
 - Sunday, 12:30 p.m. at AMR

- Islamic**
 - Friday, 12:30 p.m. at AMR (Call 477-7647)
- Jewish Shabbat (Sabbath)**
 - Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
 - Sunday Services
 - 9 a.m. at MPC (Contemporary)
 - 9 a.m. at FD
 - 9 a.m. at TAMC
 - 10 a.m. at HMR (Contemporary)
 - 10:30 a.m. at AMR (Contemporary)
 - 11 a.m. at WAAF (Contemporary)
 - 2:30 p.m. at AMR (Samoan)



Community Calendar

CONTINUED FROM B-2

not place any cardboard, wood, bulky waste, hazardous materials or green waste in or around dumpsters. Visit www.islandpalmcommunities.com/CurrentResidents.

SAT/ACT Prep — Free DOD-sponsored prep prepares students for the college testing season. Request a donated program at eKnowledge.com/HAW or call (951) 256-4076.

Big Brothers, Big Sisters — Would

you like to mentor? Big Brothers Big Sisters Hawaii needs adult volunteers to assist with disadvantaged youth, ages 6-16, in its Military Youth Mentoring Program. Your mentoring is needed an average of two to four times a month for a 12-month period. Contact Lauren Jagla, enrollment and matching specialist, at 695-4569.

Lost Bicycle — Have you lost a bicycle? Go to the Provost Marshal Office, Bldg. 3010, Lyman Road, SB. Provide a good description of the bike – like make, model, color, any identifying marks – or give a receipt showing the serial number of the bike.

Plenty of bikes have been found. Call Lenwood Redd, evidence/found property custodian, at 655-9497.

Army Museum in Waikiki Volunteering — The U.S. Army Museum of Hawaii is looking for friendly and sociable volunteers to greet museum visitors from all over the world. Volunteers will man the reception desk, Tuesday-Saturday (closed on Sunday and Monday), 10 a.m.-1 p.m. or 1-4 p.m.

The museum is also looking for docents (volunteer tour guides) and individuals who have knowledge and abilities in woodworking, metal work, assembly and/or web design and graphic arts.

The museum is operated by USAG-HI and is located in the heart of Waikiki on historic Fort DeRussy. The museum is free and open to the public. Call 438-2825.

‘Little Warriors’ train during annual FunFest

Story and photos by
RAMEE OPPERUDE

U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — The first “Little Warriors” field training exercise (FTX) took place at FunFest on Weyand Field, here, Saturday.

The event offered games and activities designed for those with neurodevelopmental disabilities and their families.

In addition to the obstacle course and battle exercise, the Tripler Army Medical Center (TAMC) Neurodevelopmental Pediatrics Clinic arranged for static displays and demonstrations of Soldier tactics.

“The event came from our Pediatric neurologist at Tripler (who wanted) to create an event for children enrolled within her Neurodevelopmental Clinic (for muscular dystrophy or cerebral palsy),” said Lt. Col. Kathy Presper, deputy commander for Nursing, U.S. Army Health Clinic-Schofield Barracks. “Children enrolled in Maj. Rahe Hiraldo’s clinic often have neuromuscular disabilities. The team came together and recommended that the event include more EFMP (Exceptional Family Member Program) enrolled children with physical, developmental or mental disabilities.”

Despite the wet conditions, the Little Warriors successfully navigated the obstacle course and the field battle exercise under the watchful eye of dozens of volunteers from the 25th Infantry Division, the USAHC-SB, TAMC and the Warrior Transition Battalion.

“We are very thankful for the volunteers we have – over 70 volunteers today. Once we were able to get a few to commit, we were able to put this together,” said Sgt. Hugo Zulojeda, noncommissioned officer in charge, Neurodevelopmental Pediatric Clinic.

Military families with a special needs family member, or EFM, often require additional help in meeting the EFM’s needs. To support families with special needs, the Army created the EFMP in the early 1980s.

“These events provide inclusion of children with special needs who may have physical, developmental or mental disabilities to participate within a setting sup-

porting everyone,” said Presper. “Unknowingly, and not maliciously, too often special needs families have been segregated.

“We would like the EFMP tent to be a yearly presence at the FunFest, improving upon the activities for the special children with participatory themes making it interactive for the families. Special needs families are raising their voices so that we can hear them. They want to be included within the mainstream,” added Presper.

The Army designed the EFMP to be a comprehensive, coordinated, multi-agency program that provides community support, housing, medical, educational and personnel services to military families with an EFM.

Approximately 10 percent of Army families have members with special needs, including spouses, children or dependent parents who require special medical or educational services.

Right — A “Little Warrior” navigates an obstacle during the Little Warriors FTX on Weyand Field, Saturday. Over 70 volunteers from across the 25th ID, TAMC, USAHC-SB and the Warrior Transition Battalion supported the events.



Volunteers and participants of the “Little Warriors” FTX prepare for a field battle exercise on Weyand Field. The FTX allowed those with neurodevelopmental disabilities to participate in games and activities with their families during the FMWR Hawaii FunFest, Saturday.

TAMC TIP

Foam Rolling



This technique of foam rolling, at bottom, is significantly effective in reducing delayed onset muscle soreness, improving your performance and improving your flexibility.

Here’s the pro tip: Foam rolling can initially be very uncomfortable, but this is completely normal. Stick with it and each subsequent session will become easier and cause less discomfort.

You should begin to feel loosened up and perhaps less general discomfort within about three to five sessions.

Here’s how to implement: Foam rolling is performed by using bodyweight to roll yourself back and forth, assisting with your arms and legs to offload a portion of your body weight. The more body weight that is pressed into the roller, the more intense the sensation of foam rolling will be.

There are numerous YouTube videos demonstrating different techniques. Once you have the foundations down, you can apply foam rolling to literally any body part.

Another option would be using a lacrosse ball or tennis ball, to roll out glutes, calves and mid-back, just to name a few.

A good way to start is to spend at least one minute on each section of muscle, preferably after your workout.



Photo by Mo Greenberg
Spc. Reggie Wilson of the Raymond W. Bliss Army Health Center demonstrates the use of rollers for treating myofascial pain.